

# Asthma Triggers

Many things can start, or trigger, an asthma flare-up. Know your triggers and avoid them.

## Smoke

- Don't allow smoking in the home.
- Stay out of smoke-filled areas.
- Don't use wood-burning stoves, fireplaces, or kerosene heaters.

## Dust

- Keep mattresses and pillows in dust-proof covers.
- Wash your sheets and blankets each week. Use very hot water.
- Remove stuffed toys from the bedroom. Or wash toys weekly in hot water.
- Avoid rooms that are being vacuumed.
- Take rugs or carpets out of the bedroom.

## Pets

- Don't keep pets with fur or feathers in your bedroom and home.

## Cockroaches

- Don't keep food in your bedroom.
- Make sure food and garbage are sealed.

## Mold

- Fix leaky faucets and pipes.
- Clean moldy surfaces.
- Keep shower curtains clean.

## Strong Odors

- Avoid perfume, talcum powder, hair spray, and scented products.

## Exercise

- Ask your doctor if you should take asthma medicine before you exercise.

## Colds

- Avoid people with colds.
- Get plenty of rest.
- Drink plenty of fluids.

## Weather

- On cold days, cover your nose and mouth with a scarf.

## Pollen

- Stay inside when pollen levels are high.

## Stress

- Try to stay calm and breathe slowly.
- Focus on things that keep you calm or happy.

